



Greetings! Here is your second issue of **Puget Sound Fresh “What's Fresh NOW”** for 2005. This newsletter is brought to you by Puget Sound Fresh - our region's program to help connect you with our local farmers and farm products.

Throughout the harvest season, we'll be sending a short email about what's fresh from our local farms, and how to contact the farmers who offer that product. When you buy local product in season, you help protect our environment, maintain our open spaces, and keep our farmers farming to produce a wide variety of healthy, delicious, fresh products for our tables. **Puget Sound Fresh** products add distinct, and better-tasting ingredients to any menu - at home or in a restaurant.

For additional information about how to find local farm products, farmers markets, U-pick farms and recipes, be sure to visit: www.pugetsoundfresh.org

Puget Sound Fresh is a program of Cascade Harvest Coalition, www.cascadeharvest.org, with support from King and Snohomish counties. The Puget Sound Fresh logo can be used to identify any product that is grown, raised or harvested in the twelve counties that touch Puget Sound, including fruits, vegetables, shellfish, meats, eggs, dairy, flowers and lots more.

WHAT'S FRESH “NOW” June 6, 2005

LOCAL STRAWBERRIES!!!!!!

**THE FIRST OF OUR GREAT LOCAL STRAWBERRIES WILL BE READY
LATER THIS WEEK AT YOUR LOCAL FARMERS MARKET OR AT THESE
LOCAL FARMS:**

Mike&Jean's, Mt. Vernon - Skagit County 360-424-7220

Schuh Farms, Mt. Vernon - Skagit County 360-424-6982

Stocker Farms, Snohomish 360-568-7391

Terry's Berries, Tacoma 253-922-1604

***Most other farms report crop should be ready starting the weekend of June 11.
CHECK WWW.PUGETSOUNDFRESH.ORG FOR A COMPLETE LIST!***

RHUBARB

Gourmet Organics, Freeland 360-331-2428
Carpinito Bros. Farm, Kent 253-854-5692
Dog Mountain Farm, Carnation 425-333-0833
Fred Zante Farm, Woodinville 425-483-9676
Mosby Bros. Farm, Auburn 253-939-7666
Remlinger Farms, Carnation 425-333-4135
Rockridge Orchards & Bamboo Groves, Enumclaw 360-825-1962
The Farmer's Daughter Duvall 206-234-1581
Pheasant Fields Farm Silverdale 360-697-6224
Scholz Farm Orting 253-848-7604
Terry's Berries Tacoma 253-922-1604
Schuh Farms Mt. Vernon 360-424-6982
Foster's Produce Arlington 360-794-8434
Stocker Farms Snohomish 36-568-7391
Left Foot organics Olympia 360-754-1849

ARTICHOKES

Dog Mountain Farm Carnation 425-333-0833
Green Valley Farm Auburn 253-833-3803
Growing Things Carnation 425-788-0480
Moua Farm 206-788-5132
Whistling Train Farm Kent 253-859-5197
Boistfort Valley Farm Curtis 360-245-3796
Terry's Berries Tacoma 253-859-5197

CHINESE VEGETABLES

Salt Creek Farm Port Angeles 360-928-3583
Gourmet Organics Freeland 360-331-2428
Bountiful Harvest @ Bernard Farm Fall City 425-761-2763
Dog Mountain Farm Carnation 425-333-0833
Growing Things Carnation 425-788-0480
Metona Farm Enumclaw 360-802-2007
Moua Farm 206-788-5132
Rockridge Orchards/Bamboo Groves Enumclaw 360-825-1962
South 47 Farm Redmond 425-869-9777
Persephone Farm Idianola 360-297-1877
Sasaki Farms Orting 360-893-5973
Willie Greens Organic Farm Monroe 206-390-7929

Pigman Organic Product Olympia 360-491-3276
Thornfield Acres Rochester 360-273-7956

POTATOES

Nash's Organic Produce Sequim 360-683-4642
Colvos Creek Nursery Vashon 206-463-3655
Fall City Farms Fall City 425-222-4553
Full Circle Farm Carnation 425-333-4677
Garden Gatherings Carnation 425-333-4313
Metona Farm Enumclaw 360-802-2007
South 47 Farm Redmond 425-869-9777
Whistling Train Farm Kent 253-859-5197
Norm Nelson, Inc. 360-755-9105
Alden Farms Monroe 360-805-0911
Left Foot Organics Olympia 360-754-1849

SPINACH & CHIVES

Salt Creek Farm Port Angeles 360-928-3585
Bountiful Harvest @ Bernard Farm Fall City 425-761-2763
Duffield Farm 206-246-8266
Fall City Farms Fall City 425-222-4553
Full Circle Farm Carnation 425-333-4677
Green Valley Farm auburn 253-833-3803
Whistling Train Farm Kent 253-859-5197
Pheasant Fields Farm Silverdale 360-697-6224
Terry's Berries Tacoma 253-922-1604
Washington Lettuce & Vegetable Fife 253-922-2110
Charlie's Organic Gardens Snohomish 360-794-8434
Klesick Family Farm Stanwood 360-629-5350
Ninety Farms Arlington 360-435-9304
Lattin's Country Cider Mill & Farm Olympia 360-491-7328

BEETS

Nash's Organic Produce	Sequim	360-683-4642
Salt Creek Farm	Port Angeles	360-928-3583
Gourmet Organics	Freeland	360-331-2428
Bountiful Harvest @ Bernard Farm	Fall City	425-761-2763
Carpinito Brothers Farm	Kent	253-854-5692
Dog Mountain Farm	Carnation	425-333-0833
Duffield Farm		206-246-8266
Fall City Farms	Fall City	425-222-4553
Fred Zante Farm	Woodinville	425-483-9676
Fresh Flower Farm	Kent	425-255-2409
Garden Gatherings	Carnation	425-333-4313
Green Valley Farm	Auburn	253-833-3803

Growing Things	Carnation	425-788-0480	
Metona Farm	Enumclaw	360-802-2007	
Mosby Brothers Farms Inc.	Auburn	253-939-7666	
Moua Farm		206-788-5132	
South 47 Farm	Redmond	425-869-9777	
The Farmer's Daughter	Duvall	206-234-1581	
Whistling Train Farm	Kent	253-859-5197	
Persephone Farm	Idianola	360-297-1877	
Pheasant Fields Farm	Silverdale	360-697-6224	
Terry's Berries	Tacoma	253-922-1604	
Washington Lettuce and Vegetable Co.	Fife	253-922-2110	
Douwe Dykstra Farm	Burlington	360-757-6376	
Dunbar Gardens	Mount Vernon	360-428-3076	
Samish Bay Cheese	Bow		
Schuh Farms	Mt. Vernon	360-424-6982	
Bailey Vegetables	Snohomish	360-568-8826	
Carleton Farm	Everett Snohomish	425-334-2297	
Charlie's Organic Gardens	Snohomish	360-794-8434	
Foster's Produce, Corn Maze and Pumpkin Farm	Arlington	360-435-5095	
Klesick Family Farm	Stanwood	360-629-5350	
Mann Country Farm Plaza	Marysville	360-658-1616	
Ninety Farms	Arlington	360-435-9304	
Stocker Farms	Snohomish	360-568-7391	
Willie Greens Organic Farm	Monroe		
Boistfort Valley Farm	Curtis	360-245-3796	
Lattin's Country Cider Mill & Farm	Olympia	360-491-7328	
Left Foot Organics	Olympia	360-754-1849	
Pigman Organic Produce Patch	Olympia	360-491-3276	
Rising River Farm	Rochester	360-273-5368	
Thornfield Acres	Rochester	360-273-7956	
Alm Hill Gardens	Everson	360-966-4157	

PEAS, CHINESE & PEA PODS

Nash's Organic Produce	Sequim	360-683-4642	
Gourmet Organics	Freeland	360-331-2428	
Bountiful Harvest @Bernard Farm	Fall City	425-761-2763	
Dog Mountain Farm	Carnation	425-333-0833	
Duffield Farm		206-246-8266	
Fred Zante Farm	Woodinville	425-483-9676	
Full Circle Farm	Carnation	425-333-4677	
Growing Things	Carnation	425-788-0480	
Rockridge Orchards & Bamboo Groves	Enumclaw	360-825-1962	
South 47 Farm	Redmond	425-869-9777	
Whistling Train Farm	Kent	253-859-5197	
Pheasant Fields Farm	Silverdale	360-697-6224	
Terry's Berries	Tacoma	253-922-1604	

Washington Lettuce and Vegetable Co.	Fife	253-922-2110
Charlie's Organic Gardens	Snohomish	360-794-8434
Klesick Family Farm	Stanwood	360-629-5350
Lattin's Country Cider Mill & Farm	Olympia	360-491-7328
Left Foot Organics	Olympia	360-754-1849
Rising River Farm	Rochester	360-273-5368
Thornfield Acres	Rochester	360-273-7956
Alm Hill Gardens	Everson	360-966-4157

BROCCOLI

Nash's Organic Produce	Sequim	360-683-4642
Salt Creek Farm	Port Angeles	360-928-3583
Gourmet Organics	Freeland	360-331-2428
Bountiful Harvest @Bernard Farm	Fall City	425-761-2763
Carpinito Brothers Farm	Kent	253-854-5692
Dog Mountain Farm	Carnation	425-333-0833
Duffield Farm		206-246-8266
Fall City Farms	Fall City	425-222-4553
Fred Zante Farm	Woodinville	425-483-9676
Full Circle Farm	Carnation	425-333-4677
Green Valley Farm	Auburn	253-833-3803
Growing Things	Carnation	425-788-0480
Metona Farm	Enumclaw	206-234-1581
Thunder Mountain Farm	Enumclaw	360-802-9329
Whistling Train Farm	Kent	253-859-5197
Laughing Crow Farm	Bainbridge Island	206-842-3516
Persephone Farm	Idianola	360-297-1877
Pheasant Fields Farm	Silverdale	360-697-6224
Terry's Berries	Tacoma	253-922-1604
Washington Lettuce and Vegetable Co.	Fife	253-922-2110
Douwe Dykstra Farm	Burlington	360-757-6376
Dunbar Gardens	Mount Vernon	360-428-3076
American Gardens	Arlington	360-435-5001
Carleton Farm	Everett	425-334-2297
Charlie's Organic Gardens	Snohomish	360-794-8434
Foster's Produce, Corn Maze and Pumpkin Farm	Arlington	360-435-5095
Klesick Family Farm	Stanwood	360-629-5350
Ninety Farms	Arlington	360-435-9304
Rocky Prairie Herb Gardens	Monroe	360-794-6081
Willie Greens Organic Farm	Monroe	
Boistfort Valley Farm	Curtis	360-245-3796
Flashover Farm	Rainier	360-446-2812
Left Foot Organics	Olympia	360-754-1849
Pigman Organic Produce Patch	Olympia	360-491-3276
Rising River Farm	Rochester	360-273-5368
Alm Hill Gardens	Everson	360-966-4157

RADISHES

Nash's Organic Produce Sequim 360-683-4642
Gourmet Organics Freeland 360-331-2428
Carpinito Brothers Farm Kent 253-854-5692
Full Circle Farm Carnation 425-333-4677
Growing Things Carnation 425-788-0480
Metona Farm Enumclaw 360-802-2007
Thunder Mountain Farm Enumclaw 360-802-9329
Persephone Farm Idianola 360-697-6224
Washington Lettuce & Vegetable Fife 253-922-2110
Schuh Farms Mt. Vernon 360-424-6982
Carleton Farm Eerett 425-334-2297
Stocker Farms Snohomish 360-568-7391
Willie Greens Organic Farm Monroe 206-390-7929
Lattin's Country Cider Mill & Farm Olympia 360-491-7328

These are just a sampling of the many farms offering these products...grown locally...for local, fresh flavor. More farms and additional information on local agriculture and farm products can be found at: www.pugetsoundfresh.org

Be sure to **ASK FOR PUGET SOUND FRESH** products at your local markets, farmers markets and restaurants.

With our fresh local strawberries coming on, here's a great way to enjoy them in a salad!

Strawberries and Feta Salad

2 Tblsp orange juice
1 Tblsp. white wine vinegar
2 Tblsp. extra virgin olive oil
3/4 tsp. of sugar
6 cups Puget Sound Fresh salad greens
1 Cup quartered Puget Sound Fresh **Strawberries**
1/4 Cup (1 oz.) crumbled Puget Sound Fresh Feta cheese

1. Combine the first 4 ingredients in a small bowl; stir with a whisk. Combine greens, strawberries and cheese in a large bowl. Add orange juice mixture, tossing to coat.
2. Serve immediately.

Recipe courtesy of Terry's Berries Organic CSA and Farm, Tacoma, WA.

HERE'S HOW TO FIND OUR LOCAL FARMERS MARKETS: [Farmers Markets](#)

To find the best in local produce, visit any of our Puget Sound Fresh "Partners" - restaurants and retailers who feature local, fresh products from our local farms. For a list of our "Partners" see: [Puget Sound Fresh "PARTNERS"](#)

Puget Sound Fresh is a program of Cascade Harvest Coalition, with support from King and Snohomish Counties. If you no longer want to receive this email, please respond to: pugetsoundfresh@aol.com and we will remove your name. Names and email address from this list are not shared with any other group and will not be used for any other purposes than providing you with information on what is fresh from our local farms.